



香港中文大學
賽馬會老年學研究所
CUHK Jockey Club Institute of Ageing

CUHK Jockey Club Institute of Ageing

香港中文大學賽馬會老年學研究所

Annual Report

2015-2016 年報



香港中文大學
The Chinese University of Hong Kong



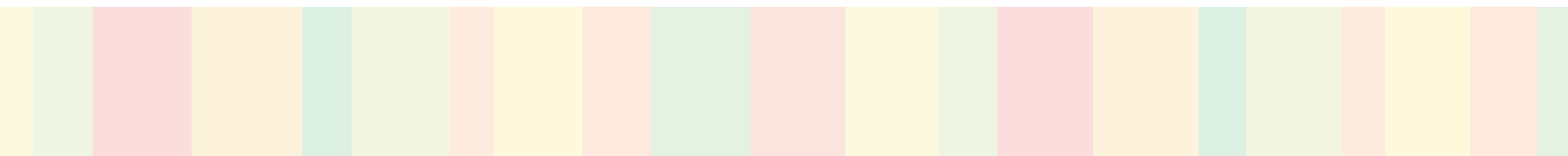
香港賽馬會慈善信託基金
The Hong Kong Jockey Club Charities Trust
同心 同步 同進 RIDING HIGH TOGETHER



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Note: The report period is from 1 August 2015 to 31 July 2016.



I. About the Institute

The CUHK Jockey Club Institute of Ageing (IOA) was established in 2014 with the generous donation of HKD 12 million from the Hong Kong Jockey Club Charities Trust (HKJCCT), which also covered its operation cost for the first 5 years.

Prof. Jean Woo has been appointed as the Director of the Institute. The Institute is actively pursuing community outreach initiatives, research projects and training programmes which contribute to overcoming the challenges brought by the ageing population in Hong Kong.



BACKGROUND

VISION

MISSION

To make Hong Kong an age-friendly city in the world.

To synergize the research personnel and efforts on ageing across disciplines to promote and implement holistic strategies for active ageing through research, policy advice, community outreach and knowledge transfer.

2. Timeline of Major Events

2014

Sep

Establishment of the CUHK
Jockey Club Institute of Ageing



AgeWatch Index Project

The Institute developed the AgeWatch Index for Hong Kong to benchmark the wellbeing of Hong Kong elders around the world.

2015

Mar

Jockey Club
Age-friendly City Project

The Institute has commenced the "Jockey Club Age-friendly City Project" in July 2015 led by the HKJCCT. The Institute is responsible for two districts in Sha Tin and Tai Po in the pilot phase of the project.

2015

Jul

Launch Conference

The Launch Conference "Creating Age-friendly Communities" was well attended by over 270 persons with Mr. Matthew Cheung GBS JP, Secretary for Labour and Welfare, Mr. Anthony Chow SBS JP, Deputy Chairman of The Hong Kong Jockey Club and Prof. Joseph Sung SBS JP, Vice-Chancellor and President of The Chinese University of Hong Kong as officiating guests.

2015

Oct



2. Timeline of Major Events

2015

Nov

Jockey Club End-of-Life Community Care Project

Led by HKJCCT, the Institute aims mainly to raise competence among healthcare staff in hospitals in New Territories East Cluster (NTEC) on various end-of-life care issues.



Vice-Chancellor's Discretionary Fund

The Institute has obtained funding from Vice-Chancellor's Discretionary Fund (VC Fund) to develop ageing-related research projects with multi-disciplinary academic inputs.

2016

Jan



2016

Mar

First AgeWatch Index Report

The Institute published the "Report on AgeWatch Index for Hong Kong 2014" to document the results of the first Index.

Office Expansion

The Institute has expanded its space 210 m² to accommodate increasing number of staff. The renovation works were completed in May 2016.

2016

May



3. Organization and Staffing Structure

Steering Committee

Chairperson:

Prof. Fanny M.C. Cheung

Pro-Vice-Chancellor (Research)

Members:

Prof. Francis K.L. Chan

Dean of Medicine (ex officio)

Mr. Cheung Leong

Executive Director, Charities and Community,
The Hong Kong Jockey Club (ex officio)

Prof. Chiu Chi-yue

Dean of Social Science (ex officio)

Prof. Joseph J.Y. Sung

Vice-Chancellor

Prof. Wong Ching-ping

Dean of Engineering (ex officio)

Prof. Jean Woo

Director, CUHK Jockey Club Institute of Ageing

Secretary:

Mr. Richard Lee

Functional Manager, CUHK Jockey Club Institute of Ageing

3. Organization and Staffing Structure

Management Committee

Chairperson:

Prof. Jean Woo

Director, CUHK Jockey Club Institute of Ageing
Director, S.H. Ho Centre for Gerontology and Geriatrics
Director, Centre for Nutritional Studies
Emeritus Professor, Department of Medicine & Therapeutics
Henry G Leong Research Professor of Gerontology and Geriatrics

Members:

Prof. Fung Hoi Lam, Helene

Professor, Department of Psychology

Prof. Timothy Kwok

Director, Jockey Club Centre for Positive Ageing
Director, Jockey Club Centre for Osteoporosis Care and Control
Deputy Director, CUHK Jockey Club Institute of Ageing

Prof. Lee Tze Fan, Diana

Chair Professor, The Nethersole School of Nursing
Deputy Director, CUHK Jockey Club Institute of Ageing

Prof. Liao Wei Hsin

Professor, Department of Mechanical and Automation Engineering

Prof. Edward Ng

Professor, School of Architecture

Prof. Wong Hung

Associate Professor, Department of Social Work

Prof. Yeoh Eng Kiong

Director, Jockey Club School of Public Health and Primary Care

Representative from The Hong Kong Jockey Club

Secretary:

Mr. Richard Lee

Functional Manager, CUHK Jockey Club Institute of Ageing

3. Organization and Staffing Structure

Organization

Director:

Prof. Jean Woo

Deputy Directors:

Prof. Timothy Kwok

Prof. Diana Lee

Constituent Centre:

S.H. Ho Centre for Gerontology and Geriatrics

Collaborative Centres:

Jockey Club Centre for Positive Ageing

Jockey Club CADENZA Hub

Project Staff:

Project on Age-friendly City

Ms. Cindy Cheung
Project Manager

Ms. Lee Tsz Ling
Project Manager

Ms. Joanne Chow
Project Officer

Ms. Miu Tsui
Project Officer

Dr. Anna Wong
Project Officer

Mr. Anson Chau
Research Assistant

Project on End-of-Life Community Care

Dr. Susanna Lo
Consultant

Mr. Charles Fok
Project Manager

Ms. Kenway Ng
Project Officer

Mr. Lok Cheung
Project Coordinator

Ms. Jenny Chan
General Clerk

Project on Community eHealth Care

Ms. Lok Tam
Nursing Officer

Ms. Clara Cheng
Project Manager

Research Staff:

Prof. Doreen Au
Research Assistant Professor

Prof. Kevin Lau
Research Assistant Professor

Dr. Sun Yi
Postdoctoral Fellow

Administrative Staff:

Mr. Richard Lee
Functional Manager

Ms. Shirley Ng
Project Coordinator

4. Research and Academic Activities

A. Research Activities

(a) Research Collaboration and Personnel

The Institute has been pursuing various research projects in collaboration with local and overseas research institutes across various disciplines including medicine, public health, nutrition, architecture, psychology and social work.

The Institute has established collaboration with the National Cheng Kung University, University of Southampton, Big Data Decision Analytics Research Centre and The Jockey Club School of Public Health and Primary Care. The institute has 11 affiliated academics and researchers:



Prof. Au Yeung Tung Wai
Clinical Associate Professor (honorary)

Prof. Suzanne Ho
Adjunct Professor

Prof. Elsie Hui
Clinical Associate Professor (honorary)

Prof. Lee Shun Wah Jenny
Clinical Associate Professor (honorary)

Prof. Lo See Kit Raymond
Clinical Professor (honorary)

Prof. Helen Meng
Professor

Prof. Kelvin Tsoi
Associate Professor

Prof. Doris Yu
Professor

Dr. Ruby Yu
Research Fellow

Prof. Asghar Zaidi
Adjunct Professor

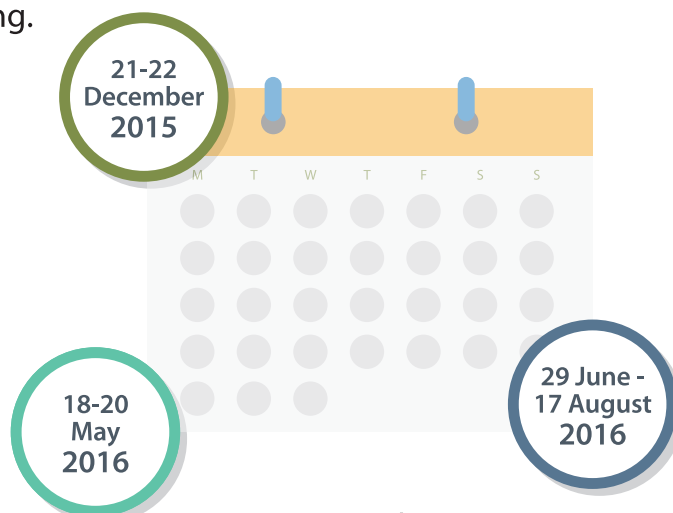
Prof. Mimi Zou
Assistant Professor

The Institute has been allocated funds to recruit one PhD student. Ms. Wang Dan has joined the Institute to conduct research on the relationship between environmental factors and ageing well indicators.

4. Research and Academic Activities

(b) Research-related visits and activities

Led by Prof. Susan Hu, Associate Professor and Chairman of Public Health College of Medicine, a delegation of the National Cheng Kung University (NCKU) visited IOA for academic exchange and exploring collaboration related to active ageing.



Prof. Asghar Zaidi, chief research investigator of the Global AgeWatch Index, visited IOA and had in-depth discussion with staff of the Institute on technical details to compile the Global AgeWatch Index for Hong Kong.

The Institute supervised four students from NCKU under the CUHK Summer Research Placement Programme involving the Institute's research projects on age-friendly communities and disaster risk awareness investigation in Sha Tin and Tai Po districts.

(c) Research related events

| Date | Event | Venue |
|--------------------|--|---------------------|
| 11-13 October 2015 | Prof. Jean Woo attended the meeting of the IFA Global Think Tank on Ageing organized by International Federation on Ageing | Copenhagen, Denmark |
| 21 November 2015 | IOA poster display at the 12 th Nutrition & Health Symposium organized by Centre for Nutritional Studies, CUHK | Hong Kong |
| 27 May 2016 | Prof. Jean Woo gave a presentation in the Inaugural Conference organized by The Centre for Gerontological Nursing, the School of Nursing of The Hong Kong Polytechnic University | Hong Kong |

4. Research and Academic Activities

B. Publications

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4. Research and Academic Activities

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Hu X, Yang W, Yu S, Sun R, Liao WH. Triple Band-Notched UWB Antenna with Tapered Microstrip Feed Line and Slot Coupling for Bandwidth Enhancement. *Proceedings of The 16th International Conference on Electronic Packaging Technology*; 2015 Aug 11-14; Changsha. pp. 879-883.

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4. Research and Academic Activities

Lee TFD. Applying evidence in the nursing care of older people. Invited speaker at the Nursing Forum on Preparing for Aging Society; 2016 Sep; Bangkok.

Lee TFD. Career Development in Nursing. Keynote speech at First International Nursing Forum; 2015 Sep; Changsha, China.

Lee TFD. Evaluation of the nurse consultant roles. Keynote speech at the First International Specialty Nurses Conference; 2016 Dec; Hangzhou, China.

Lee TFD. Future challenges on the role of advanced practice nurse and technology utilization in community health nursing. Invited speaker at the Asia Pacific Geriatric Conference 2016; 2016 Aug; Singapore.

Lee TFD. Improving transition care practices to promote functioning in older adults. Invited Symposium speech at The International Association of Gerontology and Geriatrics – Asia/Oceania 2015 Congress (IAGG Asia/Oceania 2015); 2015 Oct; Chiangmai, Thailand.

Lee TFD. Person-centred care in gerontology. Invited speaker at the Third International Symposium on Elderly Services and the Second International Nursing Forum in Jinling; 2016 Oct; Nanjing, China.

Lee TFD. Preparing for an aging society: the role of nursing education. Invited speaker at the Nursing Forum on Preparing for Aging Society; 2016 Sep; Bangkok.

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Zhou X, Koon CM, Wang Y, Cai Z, Hung SM, Ko CH, Lau BSC, Leung PC, Chan MLA, Kwok CYT. Herbal Tonic to Improve Dementia. Paper presented in the Ageing 2016; 2016 Feb 9; London, United Kingdom.

Zou M. China's New Immigration Regime: Regulating Foreign Labour in an Emerging Destination Country. Paper presented at Regulating Markets and Labour International Conference; 2016 May 19; Stockholm, Sweden.

Zou M. Falling through the Legal Cracks: the Fragmentation of China's Occupational Safety and Health Regime. Paper presented at the Marco Biagi International Conference on Labour Law and Labour Relations; 2016 Mar 16; University of Modena, Modena, Italy.

Zou M. Micro-modules Under the Microscope: In and Beyond Flipped Classrooms. Paper presented at Conference on Teaching and Learning in Law: Directions in Legal Education Hong Kong; 2016 Jun 3.

Zou M. Regulating 'Illegal' Work in China: the Implications of a New Immigration Regime. Paper presented at Fifth International Conference on Precarious Work and Vulnerable Workers; 2016 Jun 13; London, United Kingdom.

4. Research and Academic Activities

Zou M. Regulating Illegal Work under China's New Immigration Regime. United Nations Research Institute for Social Development Working Paper Series Working Paper 2016-7; 2016 Jun 30. Available at: [http://www.unrisd.org/80256B3C005BCCF9/\(httpPublicationsHome\)/\\$First?OpenDocument](http://www.unrisd.org/80256B3C005BCCF9/(httpPublicationsHome)/$First?OpenDocument).

Zou M. Regulating the Fissured Workplace: the Challenges for Labour Law in China. Paper presented at the Reconsidering the notion of 'employer' in the era of Fissured Workplace: Should labor law responsibilities exceed the boundary of the legal entity?; 2016 Feb 29; Japan Institute for Labour Policy and Training, Tokyo, Japan.

Zou M. The Bonfire of Illegality? Combating Illegal Work under China's New Immigration Regime. Paper presented at Oxford Faculty of Law Refugee and Migration Law Discussion Group and Labour Law Discussion Group Seminar Series; 2016 Feb 11; Oxford, United Kingdom.

Zou M. The Rights of Older Persons as Relational Rights: the case of Family Care in China. Paper presented at The Past, Present and Future of the Rule of Law: Magna Carta, the 800th Anniversary; 2015 Sep 5.

Zou M. The Role of Labour Law in China's Path to Sustainable Economic and Social Development. Paper presented at Sustainable Development and International Law: Current Issues and Future Challenges; 2015 Oct 19.

Zou M. What do We Owe to Older Workers? Mandatory Retirement and Age Discrimination Law. Paper presented at What We Owe to Older People: Who Should Provide Care and How Much Care Should They Provide; 2015 Nov 13; Hong Kong.

Zou M. Women Hold Up Half the Sky: Creating the Right to Development. Paper presented at the Beijing Forum on Human Rights, China Society for Human Rights Studies and China Foundation for Human Rights Development; 2015 Sep 5.

Zou M, Pan S. Resolving Labour Disputes in a 'Socialist Market Economy': The Roles of Chinese Trade Unions and Civil Society Organisations. Paper presented at International Workshop on 'What is Socialist about Socialist Law. Exploring Epistemic and Institutional Change in Socialist Asia'; 2015 Sep 28.

D. Research Projects Funded

Prof. Jean Woo

| Project | Nature and amount of Grant |
|---|--|
| A randomised controlled trial of bilateral movement-based computer games training to improve motor function of upper limb and quality of life in sub-acute stroke patients. | Health and Medical Research Fund 2015 HKD 630,444 |
| Effectiveness of Tai Chi training to alleviate metabolic syndrome in abdominal obese older adults: A randomized controlled trial. | Health and Medical Research Fund 2015 HKD 1,091,700 |

4. Research and Academic Activities

Project

Relationship between chronic inflammation and vitamin D level to prevalent and incident frailty in older adults.

The effects of an activity-based lifestyle intervention on moderate sleep complaints among older adults: A sequential mixed method study.

Intelligent robotic technologies for treatment of dementia in the elderly.

Longitudinal assessment of biomarkers for characterization of early sarcopenia and predicting frailty and functional decline in community-dwelling Asian older adults study (GERI-LABS).

Monitoring lifestyle modification using wearable health services.

The influence of physical frailty, sarcopenia and Vitamin D status on disease progression on community-dwelling older persons with mild cognitive impairment and mild-moderate dementia.

The influence of the frailty phenotype on fast progressors amongst community-dwelling older persons with mild cognitive impairment and mild-moderate dementia.

A Lifestyle Intervention Program Improves Memory of Older Adults.

Nature and amount of Grant

Health and Medical Research Fund 2015

HKD 996,108

Health and Medical Research Fund 2015

HKD 818,519.11

Innovation and Technology Fund

HKD 2,693,833

Lee Foundation

SGD 2,000,000

Microsoft Regional Seed Fund

HKD 232,500

National Healthcare Group Clinician Scientist Career Scheme 2012

SGD 300,000

NHG Clinician Scientist Career Scheme

SGD 297,800

Social Science Collaborative Research Fund 2014-15

HKD 200,000

4. Research and Academic Activities

Prof. Timothy Kwok

Project

A randomized trial of chronic disease self management and cognitive training programme to improve diabetic control in older cognitive impaired outpatients.

Sulfur Amino Acids as Risk Factors for Obesity and Related Morbidities.

Herbal Tonic to Improve Dementia.

The use of B vitamins to prevent cognitive decline in older mild cognitive impairment patients with elevated plasma homocysteine - A randomized placebo controlled trial.

Nature and amount of Grant

Health and Medical Research Fund

HKD 843,360

Health and Medical Research Fund

HKD 638,000

Innovation and Technology Support Programme

HKD 1,199,990

Research Grant Council – General Research Fund

HKD 890,000

Prof. Diana Lee

Project

Evaluating the effectiveness of the home based Rehabilitation service (HRBS) model of the Nethersole Outreaching Rehabilitation Mission (NORM): A mixed methods study.

A longitudinal examination of the association between nurse staffing levels, the practice environment and nurse-sensitive patient outcomes in hospitals.

Evaluation on the implementation of respiratory protection measures among health care workers and visitors in residential care homes for the elderly (RCHEs).

Nature and amount of Grant

Alice Ho Miu Ling Nethersole Charity Foundation

HKD 632,217

Research Grant Council – General Research Fund

HKD 558,063

Health and Medical Research Fund

HKD 550,458

4. Research and Academic Activities

Project

Exploring decision-making experiences of families of elders with moderate dementia towards community and residential care home services: A grounded theory inquiry.

Evaluation of the effectiveness of tai chi versus brisk walking in reducing cardiovascular risk factors: A RCT.

The effects of an activity-based lifestyle intervention on moderate sleep complaints among older adults: A sequential mixed method study.

Nature and amount of Grant

Health and Medical Research Fund

HKD 573,055.2

Health and Medical Research Fund

HKD 863,760

Health and Medical Research Fund

HKD 818,519

5. Community Outreach

The Institute has been pursuing various ageing related projects in the community funded by the HKJCCT as well as cross-disciplinary researches supported under the VC Fund. The inter-connectedness of these projects and researches provides synergy and hence greater impact to elders.

A. Smart Elderly Television Programme Series

To promote positive ageing and raise the awareness of the general public on various ageing-related issues, IOA has sponsored the Radio Television Hong Kong (RTHK) to produce a series TV programme entitled "Smart Elderly". In addition to broadcasting on TVB Jade in June 2015, the programme was also broadcasted at RTHK Channel 31 starting from 12 August 2015. The whole series of the programme has covered 3,685,620 audiences.



B. AgeWatch Index

The "Report on AgeWatch Index for Hong Kong 2014" published in March 2016 has presented the findings of "AgeWatch Index for Hong Kong 2014" and discussed the performance of different domains of well-being of older people in Hong Kong. The report would be a reference for academics, policymakers and the public to understand more about the well-being of older people in Hong Kong. The report can be downloaded at the Institute's webpage (www.ioa.cuhk.edu.hk/images/content/Report_AgeWatch2014.pdf).



5. Community Outreach

C. Jockey Club Age-friendly City Project (JCAFC Project)

Led by HKJCCT, a press briefing was held on 20 May 2016 at Happy Valley Racecourse to announce the results of baseline assessment of age-friendliness of eight pilot districts by four gerontology research institutes. IOA has conducted baseline assessments in Tai Po and Sha Tin Districts to understand the age-friendliness of the districts and to work out an action plan which set out directions to implement age-friendly related initiatives in each district. Over 1,000 questionnaires and 10 focus groups have been conducted in the two districts. The Institute has already met with District Offices and attended District Council meetings and secured their support to the project.



Website of JCAFC Project



JCAFC Ambassador's activity

To encourage the districts public to participate in and promote the JCAFC project, 68 residents from Tai Po and Sha Tin have been trained as ambassadors. A total of 3 sessions of exhibition on promoting age-friendliness were organized at CUHK, Ma On Shan Plaza and Tai Po Mega Mall from February to March 2016. The exhibitions attracted more than 2,000 visitors.

In addition, the Institute acted as the Secretariat role to undertake overall coordination and evaluation for the project, and to support the Advisory Committee of the JCAFC Project through advising strategies and setting directions for the project. A designated website for the project has been launched in March 2016 to promote the JCAFC Project.

5. Community Outreach

D. Launch Conference

The Launch Conference was held on 8 October 2015 at the Shaw Auditorium of Postgraduate Education Centre in the Prince of Wales Hospital. With the theme of “Creating Age-friendly Communities”, more than 270 participants from various sectors of the community including academics, government officials, district councilors, representatives of NGOs as well as professionals from different disciplines attended.



The conference represented the first step in raising awareness of the diverse facets of age-friendly concepts in our community and underscored the objectives of the Institute in participating in cross-disciplinary research and collaboration with multi-sectional and international partners, in public education and influencing policy relating to ageing. A total of 24 media representatives from 14 media organizations attended the conference, and reported by seven printed media the following day. Feature stories were issued in MIMS Doctor and South China Morning Post.



5. Community Outreach

E. Outreach and Press Activities

To promote an age-friendly city in Hong Kong, the Institute has participated in outreach activities such as the Pan-Asian Student Forum 2015 by S.H.HO College of CUHK; 全港退休人士傑出義工表揚計劃2016 by Junior Chamber International North District; Golden Age Expo and Summit 2016 by Golden Age Foundation; Hong Kong Social Enterprise Challenge 2016 by Center for Entrepreneurship of CUHK and Ageing Well Creation Approach Workshop by Hong Kong Science and Technology Parks Corporation.

The Institute also took part in the press conference for Jockey Club End-of-Life Community Care Project on 8 January 2016 and the press briefing of the Jockey Club Age-friendly City Project on 20 May 2016 to introduce and promote the projects.



Pan-Asian Student Forum



Golden Age Expo and Summit 2016



Hong Kong Social Enterprise Challenge 2016



全港退休人士傑出義工表揚計劃



Ageing Well Creation Workshop



Press Conference for Jockey Club End-of-Life Community Care Project



Press Briefing of the Jockey Club Age-friendly City Project

6. Training

A. Jockey Club End-of-Life Community Care (JCECC) Project

A press conference was arranged on 8 January 2016 for presenting the aims and objectives of JCECC project. The project focuses on the baseline assessment in the first year. The Institute had conducted 45 seminars and training workshops and over 1,800 participants were recorded. Participants included patients and their family members, volunteers as well as healthcare staff including doctors, nurses, physiotherapists, occupational therapists, social workers and supporting staff from seven hospitals in NTEC (Alice Ho Miu Ling Nethersole Hospital, Bradbury Hospice, Cheshire Home, North District Hospital, Prince of Wales Hospital, Shatin Hospital and Tai Po Hospital); Care & Attention Homes; Jockey Club CADENZA Hub and Hong Kong Stoma Association.



The training topics are tailor-made to the participants. The following are some topics found useful to them:

- * **Benefits of Advance Care Planning (ACP), Advance Directives (AD) and Power of Attorney**
- * **When to initiate ACP, AD and Power of Attorney**
- * **Barriers for ACP, AD and Power of Attorney Discussion**
- * **Goals and Scope of ACP, AD and Power of Attorney**



6. Training

B. Jockey Club Community eHealth Care Project

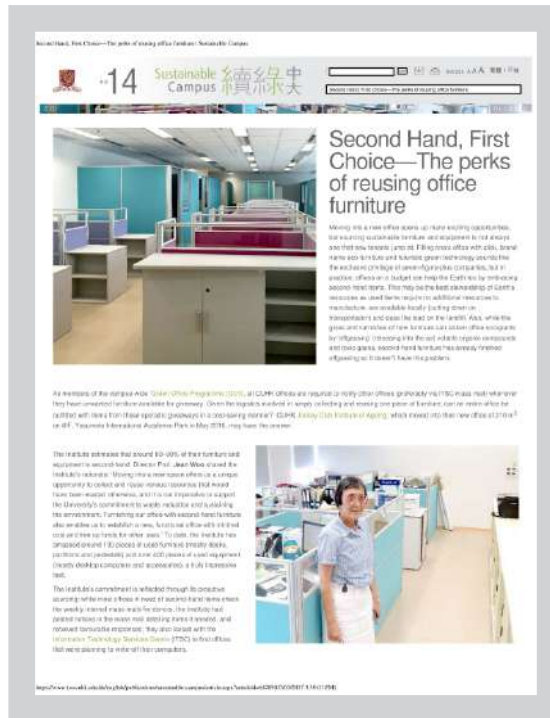
The Institute has joined as a key partner to the “Jockey Club Community eHealth Care Project” led by HKJCCT, which adopts an innovative approach to promote preventive healthcare among the elderly and empowers them in health management. The project will be launched officially in November 2016.

The Institute will implement an innovative primary care model integrating medico-social elements in 80 elderly centres to detect health and social needs of their elderly members through a well-being survey which covers the following aspects:

- * **Oral health, hearing and vision**
- * **Physical and cognitive frailty**
- * **Physical and psychological health**
- * **Ability to manage instrumental activities of daily living**
- * **Use of health and social services, medication, and financial security**

With the survey results, elderly unmet needs could be early detected with timely intervention from elderly centres and other community resources. With huge amount of data collected, big data analytics will be applied to shed light on the health trends in the community which will at the same time showcase the application of big data analysis in electronic health management at the community level.

7. General Administration



A. Office Renovation

The renovation works for additional space (210 m²) of IOA at 6/F of Yasumoto International Academic Park of CUHK was completed in May 2016. As a member of Green Office Programme, IOA supported the University's commitment to waste reduction and sustaining the environment by amassing around 130 pieces of used furniture and over 400 pieces of used equipment for the renovation. The initiative was reported at the 14th issue of the Sustainable Campus in October 2016.

B. Participation in the Green Office Programme (GO!)

IOA has joined the Green Office Programme (GO!) launched by CUHK since 2015. Sustainability-related news from the programme have been disseminated to all staff of our office for information from time to time, and meanwhile we have encouraged our staff to support environmentally-friendly initiative.



C. Committees of the Institute

The second Steering Committee meeting was held on 10 December 2015.

The first Management Committee meeting was held on 26 August 2015.